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## *From the Desk of Tiffany Blair*

Wow! What a great year we had for the 2019 Calhoun County Expo! I am so proud of all of your hard work and dedication to the Calhoun County 4-H program. Thank you to all of the 4-H members, club leaders, and parents who volunteered in any way during the Expo. We couldn't make it happen without your help and support. Also, please help me in giving a BIG thank you to the Calhoun County Fairboard for their countless hours of volunteering and hard work during the Expo. Please be sure to send your trophy sponsors their thank you card if you have not done so yet. I have extra blank thank you cards in my office if you need one. Since the Expo, I have mailed out some important papers for those of you advancing with your static exhibits, communications projects, or exhibiting livestock at the Iowa State Fair. Please be sure to call with any questions you may still have about those instructions.

Before the new 4-H year begins in September, we need to wrap up this year. Record books are due to your club leaders by September 15. Leaders will have your ribbon premium checks and will give them to you once you turn it in. Along with record books, county award applications are due as well. Please refer to the instructions later in this newsletter, ask your leader, or call the Extension Office if you have any questions about either record books or county awards. Reminder, you must be signed up in 4HOnline for project areas in order to apply for a county award in that area. If you have any questions about anything in this newsletter or other 4-H items, please give me a call, 712-297-8611 or email me, [tifblair@iastate.edu](mailto:tifblair@iastate.edu).

Sincerely,

**Tiffany Blair** -Calhoun County Youth Coordinator

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**Record Book Instructions:** Your record book is very important. It is where you document all the things you have learned in 4-H over the past year and your entire 4-H career. It will come in handy when filling out applications for awards and scholarships and when applying for college. That may not seem important now, but ask anyone who recently graduated how easy it was to go to their record book and get the details of how many hours of service they gave to their school or a community organization, and they will tell you their record book was invaluable. You forget a lot, but the record book keeps those details for you. It also helps you compare the cost of a new feeding program you tried for your livestock projects, or how much money you made selling your eggs or produce. Again, this may not seem important right now, but it will at some point and you will be grateful you took the time to do it.

Your record book is a record of facts, not a scrap book. Any pictures and comments should be used for historical value and should support your work and things you learned. Ribbons, and other keepsake items should be kept in another location, not your record book.

Your record book should include a cover page which should have a picture of you, the 4-H year, your club, and a sentence or two about you. Remember, this is a record of the year you are just finishing so the year would be 2018-2019, and your grade is the grade you just completed not the one you are going into.

After your cover sheet, you should have the Yearly Summary. This form and other recordkeeping forms can be found at: [www.extension.iastate.edu/calhoun/4h](http://www.extension.iastate.edu/calhoun/4h) . Scroll down to the 4-H Record Book Forms link.

Please remember this is your 4-H record and should focus on your 4-H experience. When it asks for offices held and committees, please list only your 4-H related offices and committees. If you were class president or on student council, you can include that later when it asks about your school involvement.

After the Yearly Summary, you will include each of your project records. I recommend the Experienced record for anyone who is in grades 4-8. The Basic Record is nice, but it does not include a spot for income and expenses. One of the requirements for county awards is that you show income and expenses for the project area, and the Experienced form has that built in.

Remember, the project record is a record of your experience in an area for the whole year, not just a record for one exhibit. For example, if I signed up for food and nutrition, I would want to list several goals for that area which may have included shopping for healthy choices, learning how to distinguish between dry and liquid measuring cups, and making banana bread. I would explain what I did while shopping and how I learned if an item was a healthy choice or not; I might include researching the internet for the food pyramid and talking to my parents about those choices. I would also explain how my grandma talked to me about the different types of measuring cups, and I may include learning how to level dry ingredients as well. Then I would talk about selecting my recipe for banana bread and my experiences as I practiced making it. I would include the mistakes I made and how I would correct those mistakes when I make banana bread again. And I would include that I took a loaf of banana bread to the county fair.

On the project record it asks about citizenship and leadership. This is where you document that you helped your club at a food stand, or made cookies and gave to the coop for National 4-H Week. And if you taught someone else a skill you learned, maybe taught a friend the difference between measuring cups, you would include that here. For Junior members, this is really hard because you are just learning and may not be confident in your skills yet, but try. Intermediate and Senior members are at a level they should be helping others besides family members.

(CONTINUED ON THE NEXT PAGE)



You will also be asked about communication opportunities, and you should list any that relate to this project area. If you gave a club demonstration about measuring cups, or a Working Exhibit about fruit kabobs, that would be related to the food and nutrition project. A presentation about your dog would not go on your Food and Nutrition record, but would go on your Pets record.

The thing about 4-H is that you are learning life skills and you will share those skills in other areas of your life as well. On the record where it asks about other things related to this area, you would include those things like making tacos for your class's Cinco de Mayo celebration, or working in the food stand for your soccer team. It's great that you are taking your 4-H experience and expanding it into your life, so please share that.

When it comes to the expense and income chart, you will want to include livestock premiums and ribbon premiums as income. Blue ribbons are worth \$10.75, red and participation ribbons are worth \$7.16, and white are \$3.58. Livestock project areas have worksheets to help you document expenses. Those are found at the link listed above too. Just remember you only need one project form for your entire project, beef for example, even if you use both the breeding and market animal worksheets.

And remember if you have questions or need help, please ask your leader or call the Extension office.

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**County Awards Instructions:** Information about county awards can be found at: [www.extension.iastate.edu/calhoun/4h](http://www.extension.iastate.edu/calhoun/4h). Scroll down to the Project Award Information link.

Project awards can be applied for and received once as a Junior (4th- 6th grade), once as an Intermediate (7th- 8th grade), and once as a Senior (9th- 12th grade) 4-H member. To receive an award you must fill out one Project Award Application form per award you are applying for. Please do not put multiple awards on one form.

The requirements for project awards are found in the first document, "Project Award Requirements". Please notice that there are different requirements depending on your 4-H level. Also remember this is an award for work completed this year, so if you are going into 7th grade, you will be filling the application out for your 6th grade experience and will follow Junior requirements, not Intermediate.

Completely fill information into the "Project Award Application" to help leaders. For example, fill in the blanks with the number of meetings you attended along with the number of meetings held, list club activities, communication, and leadership, etc. All of this information should be included in your record book on your Yearly Summary or Project Record form for your leader to verify. For example, if you listed the Calhoun County Expo as a county event you attended, your leader should be able to go to your yearly summary and check under the section labeled "4-H Participation" and see the Expo listed.

Special Awards include Top Junior, Intermediate, and Senior 4-H member, Ak-Sar-Ben, Achievement, Merit, and I Dare You awards. Please refer to the Special Award Requirements for these awards, and fill out one Special Award Application per award. When you look at the award application, you will notice there is not much room to document the information. Please feel free to attach additional pages if needed. Each award may be received only one time.

The Reading Award is something all 4-H members should qualify for and can be received each year. The only requirement is that you have read 6 books over the past year. You will need to document the title, author, where you got the book, and a few sentences about the book.

All award applications need to be submitted along with your record book to your leader by September 15, unless they have requested them earlier. If you have questions about awards, please ask your leader or call the Extension office at 712-297-8611.



**Iowa State Fair 2019**– Reminder to youth who have exhibits advancing to the Iowa State Fair. Your exhibits need to be dropped off to my office by 12:00 noon on Monday, August 5. Each item in your exhibit must be securely labeled, wrapped, and ready for me to transport to Des Moines. Labels and additional instructions were mailed. If you do not plan to send your exhibit for any reason, please let me know ASAP so I can arrange for State Fair Alternates to attend. Please remember that large exhibits selected for State Fair will need to be brought to Des Moines on your own on August 6 at 10:30 A.M. If you are unable to do so, it is also an option to send just your write-up information with pictures instead of the actual exhibit. Please give me a call if this is you, so we can discuss your options and I can get you your parking passes and additional information.

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**2019-2020 County Youth 4-H Council**– Youth that will be starting high school in August are invited to join the Calhoun County Youth 4-H Council. As a Youth 4-H Council member, you will have the opportunity to work directly with Tiffany to plan special events and workshops for other 4-H members in our county. The Youth 4-H Council meets throughout the 4-H year to plan these events and brainstorm ways to improve our county's 4-H program and recruit new members. To join the Youth 4-H Council, youth must fill out an application **AND** attend a mandatory meeting on September 29 at 2:00 P.M. at the Extension Office in Rockwell City. Applications are due to the Extension office by 12:00 Noon on Friday, September 27. If you have questions or would like more information, please let me know.

The applications can be found on our website at [www.extension.iastate.edu/calhoun](http://www.extension.iastate.edu/calhoun). If you need a hard copy mailed to you, please contact the Extension office at 712-297-8611 and we would be happy to get it to you.

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**Fall Leader Meeting**– All 4-H and Clover Kids leaders should plan to attend the Fall Leaders meeting on Tuesday, August 27 from 6:00-7:00 P.M. at the Calhoun County Expo Center. Packets containing club ribbon premiums, yearly planning worksheets, and other important information for the coming 4-H year will be handed out. Supper will be provided. Please call to RSVP by August 23.

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**The Calhoun County 4-H Program is going paperless for 2019-2020 newsletters.** Starting in October 2019, your newsletters will be found on our website and via your email only. More information coming next month, watch for the details! -----

# Save the Date

- Iowa State Fair– August 8th-18th
- Fall Leader Meeting– August 27 at 6:00 P.M.
- Clay County Fair– September 7th-15th
- Record Books and County Project awards are due to your club leaders– September 15
- County Youth 4-H Council Applications due by Noon-September 27
- County Youth 4-H Council MANDATORY MEETING– September 29 at 2:00 P.M.
- National 4-H Week- October 6th-12th (Scratch Cupcake coming to Extension Office October 9 from 11-2)
- Roun-da-Vu Awards Ceremony– November 3 at 4:00 P.M. Calhoun County Expo Center Rockwell City.  
More information to come!

